



WHATSheATE



My Mom's Twice Baked Potato Boats (Kid's Version)

 Gluten Free

READY IN



5 min.

SERVINGS



8

CALORIES



235 kcal

SIDE DISH

Ingredients

- ☐ 4 large baking potatoes
- ☐ 2 tablespoon chives
- ☐ 4 slice bacon crumbled crisp cooked
- ☐ 2 large egg yolks
- ☐ 8 servings salt and pepper to taste
- ☐ 8 ounce cup heavy whipping cream sour

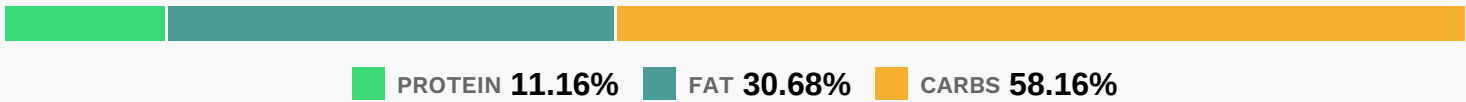
Equipment

- ☐ bowl
- ☐ oven
- ☐ hand mixer
- ☐ pastry bag

Directions

- ☐ Wash and Dry the Potatoes, then prick with a fork in a couple of places.
- ☐ Place them on the center rack of a 375 degree F oven.
- ☐ Bake for 30–40 mins, until done.
- ☐ Cut each potato in half and scoop out pulp into a bowl, taking care not to break the skins. You'll have 8 “boats”. Mash the potatoes and beat with an electric mixer until smooth. Beat in the remaining ingredients.
- ☐ Add in additional 2 oz of sour cream if necessary to make them fluffy.
- ☐ Add salt and pepper to taste.Using a spoon, fill the potatoes to level. Fill a pastry bag fitted with a large tip with the remaining potato mixture. Swirl the remaining potato mix onto each “boat” in a decorative manner.To serve: Preheat oven to 375 degrees F. bake the boats about 25 minutes until heated through and golden brown on top.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:16.22, Glycemic Load:26.23, Inflammation Score:-4, Nutrition Score:10.026956563411%

Flavonoids

Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 234.52kcal (11.73%), Fat: 8.18g (12.59%), Saturated Fat: 3.8g (23.74%), Carbohydrates: 34.9g (11.63%), Net Carbohydrates: 32.49g (11.81%), Sugar: 2.15g (2.39%), Cholesterol: 66.59mg (22.2%), Sodium: 281.07mg (12.22%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.7g (13.39%), Vitamin B6: 0.69mg (34.27%), Potassium: 831.65mg (23.76%), Phosphorus: 155.55mg (15.56%), Manganese: 0.3mg (14.96%), Vitamin C: 11.21mg (13.58%), Vitamin B1: 0.19mg (12.49%), Vitamin B3: 2.36mg (11.81%), Magnesium: 47.04mg (11.76%), Copper: 0.2mg (10.2%), Iron: 1.77mg (9.86%), Fiber: 2.42g (9.67%), Selenium: 6.2µg (8.86%), Folate: 34.52µg (8.63%), Vitamin B2: 0.14mg (8.3%), Vitamin B5: 0.82mg (8.25%), Calcium: 59.35mg (5.94%), Zinc: 0.85mg (5.69%), Vitamin A: 273.88IU (5.48%), Vitamin K: 5.37µg (5.12%), Vitamin B12: 0.19µg (3.1%), Vitamin E: 0.25mg (1.69%), Vitamin D: 0.25µg (1.64%)